

OVF NEWS



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Melody Girard, Editor



OVF'S GREENHOUSE NEARS COMPLETION

A MESSAGE FROM
PRESIDENT, FRANK HARRIS

In the last few weeks, you may have noticed a greenhouse cropping up in the Independent Project across from the Community Herb (Childrens') Garden. Funds for this project were provided by a contest award. In August of 2011, Ocean View Farms was one of five winners of the DeLoach Vineyards/Organic Gardening Magazine Community Garden Contest. Our \$4,000 prize was pledged to be used for a greenhouse and enhancements to our educational programs.

The greenhouse has been all but completed. Thank you to the members of the Saturday May 12, 2012 workday crew who assisted with putting down the floor and building the greenhouse frame: Robin Chapall, Patrick Polk, Ronda Ross, Hyunho Shin, Chuck Martinez and Steve Brown.

A very special thank you also goes to garden members Dean Cleverdon, Nancy Nyberg and Val Orlov for their countless hours of effort, from cutting all of the parts, to building the roof, installing the panels, to helping run the
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Letter from the Editor

O VF Gardeners have long known the secret that public health researchers have recently revealed in scholarly journals: gardening is good for us.

The academics state that twenty minutes of gardening a day translates to statistically higher health ratings. Health benefits include a decrease in blood pressure, an increase in a sense of well-being, weight loss and better nutrition. In fact, more than 50% of gardeners meet national guidelines for fruit and vegetable intake compared to 25% of non-gardeners.

What I find especially heartening is the researchers' public declaration that community gardens "matter in terms of neighborhood quality." Jill Litt, an associate professor at the University of Colorado School of Public Health and the University of Colorado Boulder, has been studying neighborhoods and health for more than a decade. She wrote, "Community gardens may provide a way to enhance neighborhood environments."

In addition to bringing a patch of nature to an urban area and contributing to beautification, Dr. Litt also found that community gardeners cultivate relationships with their neighbors, are more involved in civic activities and stay longer in their neighborhoods. (Gardening at OVF *would* tend to make you think twice about moving away.)

OVF's neighbors have the added benefit of the availability of about a half dozen free organic gardening and sustainable living workshops that our volunteers put together annually. Plus our volunteers conduct school tours that introduce children to the garden and prepare for the next generation of gardeners. Judith Morris and her volunteers have developed a tour curriculum with activities that have succeeded in both teaching and delighting children (see more about school outreach in the fall issue of the OVF News).

In February, OVF Donates began its first collection of member-donated fresh produce for Westside food distribution centers.

"Yeah, yeah," my alter ego says. "We do all these good things, but the reason we are here—the true *raison d'être*—is to garden. So lets get out there, knee deep in the mud and manure, get those hands dirty and grow some things!" Sounds like a pretty good idea. Let's do it!

— Melody Girard, editor

Findings from this research were published in the online May, 2011 issue of Social Science and Medicine and in the August, 2011 print issue of Social Science and Medicine.

What's in this issue...

- MEMORIAL FOR SACHIKO YAMAGUCHI
- OVF DONATES NEEDS YOUR HELP
- CAN PLANTS REALLY TALK TO EACH OTHER?
- TOMATO TASTING ENTRY RULES & DETAILS

Garden Master's Report

Talking Trash

When disposing of trash near the orchard and other areas, you need to keep the area clean and make sure that you deposit each type of trash in the appropriate barrels. When the barrels are not in the garden, please take trash, false garlic and nut grass to the parking lot dumpster. Do NOT leave anything on the ground; it makes the area look like a dump.

Trash barrels are absent from the garden for a few days of each week for City trash collection, usually between Thursday and Saturday or Sunday, when volunteers return them to their places in the garden.



WHICH BARREL?

When you discard plant materials in the shredding area and you also have trash to get rid of, put the trash items in the black barrel. Dispose of nut grass and false garlic in the nearby green barrels—never in the shredding pile. The shredding crew hasn't seen false garlic and nutgrass in the compost pile on the most of our recent shredding days, and they thank you for that. Please keep up the good work!

NO PLASTICS

Remove false garlic and nut grass from bags before discarding in the green barrels. Do NOT put plastic bags or any other non-biodegradable materials in the green barrels. The contents of the barrels go to the City of L.A.'s composting facilities, and plastic doesn't compost.

WOOD, AND ONLY WOOD, FOR THE CHIPPER

The next item I want to ask for your help with is with the salvage wood pile. Please bring only salvageable WOOD to the pile. We run this wood through our chipper. All nails and screws must be removed before it goes into the machine. Furniture, metal pipes, plastic pails and plywood CANNOT go through the chipper. This is trash and should go into the dumpster, or a blue recycling bin, if the material is recyclable. You are all welcome to take the wood chips that the chipping machine produces for your gardens and paths.

KITCHEN SCRAPS ARE OK, BUT...

Please put scraps in a plastic bag and leave them under the deck next to the pile of shredded material that will be composted on Saturday. Do NOT leave them under the lumber cage or the pine tree. You may leave them anytime.

— Ed Mosman, Garden Master

In Memory of Sachiko Yamaguchi



December 19, 1937 - June 27, 2012

On Saturday, July 14, at 2:00 pm, OVF members will meet to honor the memory of Sachiko Yamaguchi, a member from 1979 until her death. An almost constant presence at garden meetings and daily activities, she seemed to never miss a chance to tend her garden. In spite of physical limitations in her later years, she remained a dedicated, hard-working OVF gardener to the end. Sachiko is survived by two older sisters, Atsuko and Yasuko, an older brother Tad, and her nieces and nephews.

OVF IN THE COMMUNITY

Calendar of Events

Sunday, July 15 - 10 am

Food Dehydration Made Easy

LECTURE - OPEN TO THE PUBLIC

Certified Master Food Preserver

Chef Rachael Narins of Chicks with Knives

returns to share her easy steps for drying fruit and vegetables.

Prize drawing!

Sunday, August 12 - 1 - 3 pm

5th Annual Tomato Tasting

OPEN TO MEMBERS AND THEIR GUESTS

PRIZES & DRAWINGS!

Win prizes, meet people, earn community hours, and HAVE FUN.

Taste and rate dozens of tomato varieties.

Only members may submit tomatoes for tasting.

Please see page four for entry details.

September 9 - 11:00 am

Organic Gardening 101

LECTURE - OPEN TO THE PUBLIC

The dynamic duo of Nina Rumely & Judith Morris share basics of gardening without the use of chemicals or pesticides.

Plant Conversations

by Dr. Eileen Hearn

Ever talk to your plants? Ever think your plants may be talking to...each other? If you do, scientists at Kyoto University in Japan might agree with you.

Biologists have known for some time that many plants produce “defensive chemicals” such as insect poisons, feeding deterrents (to make themselves taste unappealing) or natural fungicides. When pesky bugs start munching on leaves, some plants will release a chemical which then attracts the wasps that eat those leaf-chomping pests.

But as we know, bugs tend to move from plant to plant. When a plant responds to leaf-munching by luring helpful wasps, what happens to that plant’s neighbors? Recent Kyoto research found that in some species un-munched neighbors will also emit these wasp-luring chemicals. It seems that the plant being eaten sends a signal to nearby sibling plants, akin to: “Danger! Leaf-munchers attacking! Call in the wasps! SAVE YOURSELVES!!!”

In a University of California study, researchers discovered this same principle operating between different plant species. In this case, sagebrush “warned” wild tobacco, which responded with a burst of chemical that made its leaves taste horrible. One interesting twist to the UC study is that the leaves weren’t munched by actual insects. Instead, scientists clipped the leaves to mimic insect chomping.

The inter-species plant warning is particularly interesting, because plants know who their close relatives are. Scientists are not certain how plants are able to recognize which plants are family members.

One purpose served by this “kin selection” is that many plants won’t fertilize their closest relatives. This prevents genetic problems, just as it does as in the animal kingdom.

Kin selection also helps plants to protect close family members, so they can compete as a group against unrelated neighbors. Researchers at McMaster University in Canada found plants grown in pots with others of the same maternal family had less aggressive root growth than plants grown in pots with “strangers” of the same species. Stem length is also different when neighboring plants are siblings. These tactics allow the familial plants to share resources and thrive better together than the “stranger” plants that competed against one another in the same pot.

Of course, community interactions may be best known to gardeners in the form of “companion planting.” While the practice has been tainted by junk science over the years, some friendly relationships among plants are more solidly established. For instance, nematodes that damage many plants can be deterred by some French and African marigolds, whose roots produce a substance toxic to the pests. Some plants produce toxins that harm other plants. Black Walnut tree roots emit a substance highly toxic to nightshade plants such as tomatoes and peppers. (If only we could find a plant that would do the same to devil grass and false garlic!)

No concrete scientific evidence exists to “prove” the ef-

OVF IS ABUNDANT, BUT FOOD BANKS GO EMPTY

Now’s the time to share your garden’s bounty with neighbors in need

Summer is a time of abundance for gardeners, but it’s a very lean time for local food banks, according to a Channel 7 Eyewitness News report broadcast July 2, 2012. Our new OVF Donates program helps fill their baskets.

MORE FOOD DONATIONS ARE NEEDED

Since we began receiving fresh OVF produce in February of this year, donations have increased with each collection. More donations are needed, however, to meet our goal of making consistent deliveries to the Westside Food Bank.

DONATE YOUR PRODUCE ON THE SECOND & LAST SUNDAY EACH MONTH

If you need help harvesting your produce for donations, or need to arrange a different time to donate, please call (310) 394-9339 or email ovfdonates@oceanviewfarms.net. We can accommodate you!

MORE VOLUNTEERS NEEDED

Thanks go out to all members who have made contributions to the fresh produce donation program. We are especially grateful to Steve Ballantine and Michelle Kussner for collecting and preparing produce on every donation day. The OVF Donates committee needs more volunteers to help on donations days.



SPREAD THE WORD

Many garden members may be unaware of the OVF donation program. Please help us spread the word to other garden members! Look in your mailbox soon for special flyers.

SUMMER DONATION SUNDAYS: MARK THE DATES

We will be waiting for your produce contributions in the OVF parking lot (near the shed) on the following Sundays through this summer: **July 29; August 12 and 26; September 9 and 30.** See you there!

Elizabeth Adam from Meals on Wheels West sends her thanks to everyone who has donated fruit and veggies. She also needs volunteers for her agency. She can be reached at (310) 394-5133, ext. 7, or info@MealsOnWheelsWest.org. Note: There are NO OVF community hours for this service.



Nothing says hello summer more than a pale pink hollyhock reaching for the sky!

Greenhouse: continued from page one...

building the roof, installing the panels, to helping run the electricity and so much more, over the three weeks of construction. The project would not be nearly as successful, or as enjoyable, without your tremendous contributions.

And finally, while they shall remain nameless, I am eternally grateful for the dozens and dozens of garden members who have stopped by over the past couple of weeks and commented on the greenhouse.

Is it completely finished? Not quite, but almost. As I write, we are awaiting delivery of a ridge cap (on order) that will be installed along the ridge and a galvanized counter top for the work area. Also, some people have suggested the idea of "paving" the floor with pea gravel. This was not in the original plan, but I think it makes sense, so I will probably look into it.

In January, the board approved \$3,250 of the \$4,000 received from the DeLoach grant for the construction of the greenhouse. I'm happy to say that the actual expenditure to date has been \$3,017.93. This does not include the countertop of galvanized metal or pea gravel, but combined I doubt that would add more than about \$150 to the expenses.

A number of uses for the greenhouse have been proposed. Currently, we are considering various ideas. Decisions will be made after the finishing touches have been added.

Tomato Tasting Entry Rules

Bring lots of WHOLE, UNCUT, OVF-grown tomatoes to the picnic area under the pine tree between 10 a.m. and 12 p.m. Keep tomato varieties separated. Label each bag with the variety and your name. For an earlier dropoff contact Amanda Goodpaster at amanda30@mac.com.

Each tomato variety you bring will automatically enter you in a drawing for a chance to win a gift card valued up to \$50 or more from local merchants including Merrihews, Coopportunity and the Marina Garden Center!

Want to volunteer? Have questions? Contact Melody Girard: education-chair@oceanviewfarms.net or leave a message in the mailbox in the wheelbarrow shed.



Plants: continued from page three...

No concrete scientific evidence exists to "prove" the effectiveness of most companion planting lore, however, consistent experience has prompted even such respected institutions as Cornell University to suggest plants that are compatible and incompatible with each other. If you're interested in further reading about companion planting: <http://counties.cce.cornell.edu/chemung/agriculture/publications/companion-planting.pdf>livepage.apple.com

Before planting, you may want to consult Cornell University's online list of plants that help each other, plants that harm specific plants, and plants that repel specific insects: <http://counties.cce.cornell.edu/chemung/agriculture/publications/companion-planting.pdf>.

Proven by scientific study or not, it may be interesting to try recommended pairings yourself. And take notes on results for future use. Happy planting!

WORKDAYS & EVENTS

JULY

- 14 Sat 9-12 Workday
- 14 Sat 2 pm MEMORIAL
- 15 Sun 10 am LECTURE
Saving Summer's Bounty
- 12 Potluck
- 1 General Mtg,
- 21 Sat 9:30 Board Mtg.
- 29 Sun 1-4 Workday
- 3-5 OVF Donates

AUGUST

- 11 Sat 9-12 Workday
- 12 Potluck
- 1 General Mtg,
- 12 Sat 11-2 EVENT
Taste of Summer
Tomato Tasting
- 3-5 OVF Donates
- 26 Sun 1-4 Workday

SEPTEMBER

- 8 Sat 9-12 Workday
- 9 Sun 11-1 LECTURE
Organic Gardening 101
- 15 Sat 9:30 Board Mtg
- 30 Sun 1-4 Workday
- 3-5 OVF Donates

For the complete
2012 calendar
please visit

www.oceanviewfarms.net



Cut tomatoes anxiously awaiting judgment line the tasting table at last year's celebration.